

# \$1 A WEEK.

All Patients Applying During the Remaining Days of December Will Be Treated for the Nominal Fee of \$1.00 a Week Until Cured, Medicines Included.

## The Treatment That Cures.

There is no other remedy, no other combination of remedies, that will cure all cases of Catarrh. The very nature of the disease prevents this from being even a possibility. How is it possible for a remedy that is useful in a day or two to be of any value in a case where the discharge is thin, watery and profuse? Again, a remedy that will prove of value in a long standing chronic case might be positively harmful in a mild, simple one. Each and every case must be treated in exact accordance with the symptoms presented or the result will be a failure.

In the beginning of most cases of Catarrh the disease is purely local, that is, confined to the head, but if not allowed to subside, the general system will become involved in some manner or other. Headaches, stomach troubles, loss of sleep, bronchitis and deafness are a few complications of a neglected Catarrh.

When patients with these conditions present themselves for treatment, they must be given a remedy that will cure the disease. The system must be thoroughly cleansed of all impurities by the careful use of medicines that act on the skin, liver, bowels and kidneys, and that neutralize and carry off the poison.

The local treatment of the nose and throat must be exactly adapted to the stage and character of the disease. In reality the great majority of Catarrhs cases require both constitutional and local treatment, and it is only by attempting a radical cure by any and every method.

It is by recognizing these vital principles that the treatment of Catarrh disease by the Cowden physicians has been so praised by the public and adopted by thousands of Catarrh sufferers.

There are many remedies that for a short time temporarily relieve Catarrh and give promise of great results, but in the end are found to be only palliative and have only delayed the disease temporarily. The use of Cowden's Anodyne and strong solutions of Menthol and Anodyne produce very pleasant effects in the beginning, but they fail to cure, and in the end only produce much harm.

The real test of any treatment is the changes that are seen in the membrane, and not the relief of the patient. For as before stated, the disease may be delayed and the patient feel comfortable while in reality the membrane may be worse off than ever.

## INSANE POPULATION OF SWITZERLAND

ASYLUMS ALWAYS CROWDED

The Little Mountain Republic a World-Header in Respect of Deafened Citizens.

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Mrs. B. J. Comer, of 162 F St. N.W., says: "I have been a great sufferer from Catarrh and have been cured by Dr. J. M. Cowden's treatment. This statement is direct proof that Dr. J. M. Cowden's Catarrh, as no one can question for a minute the word of Mrs. Comer."

## Many Being Benefited.

This fee is enabling scores of patients suffering from Catarrh to obtain the personal attention and treatment of physicians who are devoting their entire time to the study of this seemingly simple, but in reality, very complicated and oftentimes serious disease.

This fee enables the applicant to a method of medication, both local and constitutional, that has cured a greater number of such cases than all other known methods combined.

Dr. J. M. Cowden, his treatment so that patients living at a distance can be successfully treated. Send for reading matter and symptom blank.

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## A BILL RELATING TO NAVAL PROMOTIONS

Admiral Starnes Proposes a Measure to Advance Officers in Rank Without Demeriting Others.

Admiral Starnes, of the board of naval promotions, has submitted to Secretary Long a plan for the reward of officers for distinguished service rendered in time of war, which will enable the department to promote one officer without indirectly punishing others. The recommendation has been reduced to the form of a bill, which was transmitted to the House of Representatives today.

The recommendation advocates the advancement of deserving officers one grade, to make that grade an additional number, so that the promotion will not result in the practical reduction of other officers advanced at the same time.

The bill passed by Congress will apply to all naval officers who have distinguished themselves during the Spanish war with the exception of those who have already been promoted.

SECRETARY ALGER FOR COLONEL BLACK

Anxious to Have Him Reinstated at Once—President McKinley Declines to Act at Present.

Secretary Alger is apparently anxious to have Col. Black reinstated as an Engineer Commissioner of the District before Congressional action is taken in favor of the retention of Capt. Beach, and before the petitions in favor of the latter, containing thousands of signatures of the best citizens of Washington, reach the President's eye.

Mr. Alger called at the White House yesterday and suggested that the President "settle the matter." The President declined to take any action until he returns from his Southern trip. In fact, as a prominent business man told, he has not yet made up his mind to disregard the spontaneous movement in favor of Capt. Beach and his indorsement and requests for his retention by nine-tenths of the best people of the District, "who appreciate his worth and integrity."

TWO DEATHS RESULT FROM A CAMP FIGHT

Agro Trooper Says He Was Held Up by White Soldiers and Shot.

Huntsville, Ala., Dec. 12.—Henry J. Nelligan, cook, and George W. Beverly, bugler, both of Company G, First Florida Regiment, were killed Sunday night. Nelligan and Beverly had a fight in camp. Nelligan drew a knife and stabbed Beverly, who drew a pistol. Nelligan's brother, S. H. F. Nelligan, seeing Beverly with a pistol in his hand, killed him with a Springfield rifle.

Beverly's brother, Roy, came out of his tent and saw his brother fall. Thinking he had been killed by Henry Nelligan, he shot him dead.

Private Porter Weisheit, Troop D, Tenth Cavalry, was found with a terrible bullet wound in the throat at West Holmes Street. He stated that he had been held up by two white soldiers and shot.

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# AN ESSAY ON FISH AS A FOOD PRODUCT

Points in an Official Bulletin Intended for Farmers.

## LOBSTERS, CRABS AND FROGS

Funny Tribe Menus Presented for the Agriculturist's Table.

Dissertations by Dr. C. F. Langworthy on the Nutritious Character of Turtle and Terrapin.

The Department of Agriculture has just issued as Farmers' Bulletin No. 85, a 27-page pamphlet on "Fish as Food." Dr. C. F. Langworthy is the author.

One is rather startled on learning from the introduction that the total weight of the sea food and fresh water fish marketed by citizens of the United States annually is about 1,286,000,000; representing as the value of the catch, \$4,180,000—a value which is greatly increased by curing and canning. Dr. Langworthy describes at some length the preparation of fish for the market and gives the farmer such valuable information as: "Lobsters, crabs and other crustacea are usually marketed alive. Frogs are marketed alive or dressed. The hind legs only are commonly eaten. Frogs may be eaten in all seasons, but are in the best condition in fall or winter. Fish contain the same kind of nutrients as other food materials. In a general way it may be said that food fish, meat, cereals, vegetables, etc., serves a two-fold purpose."

This is followed by a table showing the per centum of refuse, salt, water, protein, fats, carbohydrates, mineral matter, together with the total nutrients and fuel value per pound in fresh fish, preserved fish, molasses, crustaceans, terrapin, etc. The author states that of various other food products, the doctor concludes that "fish is essentially a nitrogenous food. In this it resembles meat." Also that, in general, it may be said that fish, meat, cereals, milk, etc., also cereals and vegetable foods, all supply fat, the amount varying in the different materials. In regard to shell fish, he remarks that "the whole of the brilliant Savarin that 'often flavor has a value which cannot be estimated in dollars and cents.' Farmers who may not be convinced by the statistics of this statement will please read biographical sketches of Longinus, the gentleman who occasionally died with himself."

The doctor has analyzed lobsters, crabs and crayfish, and finds them to contain a "fairly large percentage of nutrients." This fact is, in his opinion, "more noticeable when the composition of the flesh is alone considered." Information by the doctor tends to give the farmer the value of the carbohydrates, which he estimates that "often flavor has a value which cannot be estimated in dollars and cents." Farmers who may not be convinced by the statistics of this statement will please read biographical sketches of Longinus, the gentleman who occasionally died with himself."

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# NO. 2. M. I. S. T. NO. 2.

Box Sent FREE to All Sufferers.



I have given personal inspection to the working of M. I. S. T. on the human system, and must say that it entirely meets with my professional sanction.

Late Demonstrator of Anatomy, Philadelphia Medical College.

## Greatest Nerve and Blood Tonic.

THE ONLY CURE FOR RHEUMATISM.

The most powerful INVIGORANT ever produced. Permanently restores mental and physical strength. Restores strength and invigorates the brain and nerves, a positive cure for all forms of Nervous Debility—PROMPT, SAFE, and SURE.

Infallible cure for Old and Chronic Cases of Rheumatism, Gout, Inflammation of the Bladder, Stricture, Varicose, had cases of Erysipelas, Cancer, Blood Poison—ABSOLUTELY INFALLIBLE—SURE CURE.

## WHAT WE GUARANTEE M. I. S. T. WILL CURE:

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## TROPICAL SAILORS ADRIFT IN THE COLD

SAD PLIGHT OF PORTO RICANS Men Without a Country Shiver in Northern Blasts—Colonel Kimball Comes to Their Relief.

New York, Dec. 12.—Col. Kimball, assistant quartermaster general and head of the newly created Department of Army Transport Service, scored a triumph over red tape yesterday and incidentally insured the allegiance of twenty-two Porto Rican sailors, prospective American citizens, but as yet men without a country. These men had shipped at Ponce for this port to man the transport Rito, which had been left without a crew by the expiration of a three months' contract. The Porto Ricans signed no written articles, but understood that a return trip of the Rito would land them again in Ponce within thirty days.

On reaching this port a week ago the Rito, which is one of the first prize ships captured from the Spaniards, was ordered laid up for repairs. The Porto Ricans were paid off, but permitted by Capt. Laffin to remain on board until, yesterday, when they were to be transported to the Army Building, where they were to be put off the vessel.

They were dressed in thin cotton clothing suitable only for the tropics and suffered from the cold. Capt. Laffin directed them to the Army Building, where, through an interpreter, they stated their case to one clerk after another,